

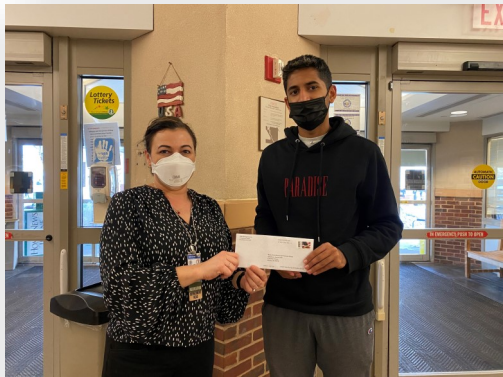
The Veterans Voice

FEBRUARY 2022

A Publication of the NJ Veterans Memorial Home at Menlo Park



Residents George Husjoke and Ray LoLargo enjoyed a traveling casino that Recreation provided for all units complete with Roulette and Blackjack.



Aarav Joshi of ReClothers presented Christine Caratozzolo with a \$250 donation for the Resident Welfare Fund.



Knights of Columbus Assembly 676 presented 50 Electric Razors totaling 100 razors donated by the group.

CEO's Message

Ground Hog Day was a terrible disappointment! Punxsutawney Phil saw his shadow and predicted six more weeks of winter. That could not be punctuated more strongly than with the recent snowstorm and consistent forecasts for more winter weather. Our Home has always prepared for such occasions, but I thought I'd share a little about how we do it.

NJ VMH at Menlo Park has outlined an Emergency Preparedness Plan which helps prepare the leadership and support teams of our Home for any myriad of potential crises. In advance of an emergency, the Incident Command Team is activated. During regular Incident Command Meetings responsibilities for preparations are assigned relative to critical infrastructures as well as resident care and services. Follow up then takes place to ensure timely completion of assigned tasks.

As New Jersians, winter weather seems like it should only be cause for minor preparations. Well think about what you do for your own home. As routine, when a bad forecast comes our way, we stock up on a few items... milk, eggs and bread are the ones most folks grab, but there are other necessities you check on before running out to the store like bathroom tissue and any medications you might be running low on, not to mention batteries and flashlights, shovels, and salt to name a few. You probably also ensure your cell phones are charged, and there is gas in your vehicle, too. Now, multiply that to a grand scale. Our Incident Command Team ensures all those details are evaluated and prepped with great care.

Our latest winter storm with high winds and significant snow fall predictions prompted the Incident Command to not only prepare for snow removal but potential staffing shortages, power outages, delays in supply deliveries etc. Even after the emergency has subsided, the Incident Command studies its preparations and its actions looking for areas it can improve upon for the next time. This is not being shared with you to give you something extra to be concerned with. The opposite is true. Transparency and good communication are values I hold close. I believe that when we live up to those values, our actions help to build confidence in our relationships. Your confidence is what we strive for everyday as we are honored that you allow us to care for the people you hold dearest.

Warmly,
Jennifer Causer, LNHA
CEO, Healthcare Administrator

The Veterans Voice

GOVERNOR

Phil D. Murphy

DEPARTMENT OF MILITARY AND VETERANS AFFAIRS

Brigadier General Lisa Hou, D.O. Adjutant General
General Patrick M. Kennedy, Deputy Adjutant General
Walter Nall, Deputy Commissioner for Veterans Affairs
Rochelle Guglielmo, Director of Veterans Healthcare Services

NJ VETERANS MEMORIAL HOME, MENLO PARK

Jennifer Causer LNHA, CEO
Michele Tecarro, CPM, ACEO
Scott Mueller, MSN, RN, LNHA, ACEO

VETERANS FACILITY COUNCIL, MENLO PARK

Robin Goodrich, Chairperson, Elizabeth Baranowski, Daniel Dunn,
George Pezet, , Kenneth Connors, Ray Orriss, Joseph Coyle
Berley Hanna, Jr. - Veterans Service Council

VETERANS VOICE EDITOR

Christine A. Caratozzolo, CTRS

New Jersey Veterans Memorial Home at Menlo Park Important Phone Numbers

Jennifer Causer, CEO
732-452-4102

Melissa Lightfoot Taylor, Acting Director of Nursing
732-452-4270

Robyn Martin, Business Manager
732-452-4166

Rebecca Falkenstein, Director of Social Services
732-452-4269

Ed Weisenhorn, Admissions Officer
732-452-4272

Christine A. Caratozzolo, Director of Recreation
732-452-4258

Lester Shelley, Chaplain
732-452-4260

FEBRUARY BIRTHDAYS

Joseph Pechillo	2/1
Jude Abdul-Ghafer Ali	2/3
Walter Jarema	2/7
Robert Gallino	2/9
Michael Yanoshcak	2/9
Basile Noto	2/11
Richard Shepherd	2/11
Carol Flood	2/12
Josephine Labruno	2/14
Anthony Orsini	2/15
Barbara Esposito	2/16
Thomas McFadden	2/19
Ruth Snow Vander Pyle	2/19
Bonita Brinamen	2/21
William O'Hara	2/21
Robert Ronchetti	2/21
Carmine Zulli	2/21

Welcome New Residents

Steven Martin
Czeslaw Polak
Halina Polak
Joseph Niedzweicki

CENSUS

WWII: 20	Men - 20/ Women - 0
Korea: 44	Men - 43 / Women - 1
Vietnam: 54	Men - 52/ Women - 2
Peacetime: 17	Men - 17/ Women - 0
Gulf: 0	Men - 0/ Women - 0

Non-Veteran: 41

Total Residents: 176

Activities in Action

Christine Caratozzolo, CRS
Supervisor of Recreation

"If we had no winter, the spring would not be so pleasant", - Anne Bradstreet

Its cold outside, but warm inside with the various activities we have planned for you this month, virtual and in person. The month of February is Black History Month. In 1929, Dr. Carter Woodson, known as the father of black history, started Negro History Week, which eventually evolved into Black History Month. He dedicated his life to making sure that the world would know of the prolific contributions made by the African American community. We have planned themed Black History Month activities throughout the month, please check your calendars. On February 1, we celebrated Chinese New Year with entertainment by Janus broadcasted on Channel 3 and handed out Chinese New Year goodies provided by MTF Biologics. Unlike western calendars, the lunar Chinese New-Year Calendar has names that are repeated every 60 years. Within the 'Stem-Branch' system is the shorter cycle of 12 years denoted by animals: 2022 is the Chinese year of the Tiger with its association to bravery. On Sunday, February 13 is the Super Bowl LVI game. The Recreation Department will be hosting a Superbowl Party on Wheels at 2:00 pm on all units. February 14 is our Valentine's Celebration. We have musical entertainment by James Barba at 2:00 pm broadcast on Channel 3 and we will be handing out Valentine sweets and cards to all of the units. February 21 is Presidents Day which will be celebrated with music by Joel & Francine broadcast on Channel 3 and themed presidents day activities on the units.

We will continue to provide Virtual Bingo on Tuesdays and Thursdays at 2:00 pm. As units come off of quarantine, we will be able to have those Residents join in person while still providing bingo virtually. Musical Entertainment will be broadcast every Sunday and Wednesday this month with some additional music in between. See your calendar for details. Video visits to your loved ones are provided upon request. If you would like to set a video visit up, please see your Recreation Assistant or call me at 732-452-4258.





Resident Council News-

Resident Council Successful Completion Items Through 2021

Glenn Osborne

Resident Council President

Dear Fellow Veterans,

I hope that all is well with you. The Holidays seem to pass so quickly and here we are in February 2022! We have had our elections and most of us were re-elected as President and the Resident Council Representatives for another 2 years. I actually enjoy all the work involved, as it keeps me busy and well-deserved recognition for your Resident Council Representatives support, endless hours of advocating on your behalf and those around you! Your Resident Council are very special people who leave positive energy everywhere they go. We are lucky to have men and women who want to serve you, your fellow veterans.

Congratulations to:

President: Glenn Osborne
Vice President: Carl Wilson, Resident Council Representatives:
Freedom Unit Representative: William O'Hara and Matthew Plesher
Liberty Unit Representative: John McKenna and Mary Ann Vullo
Independence Unit Representative: James Hauck
Eagle Unit Representative : Jerry Luna and James Crowley

The few things that have been addressed successfully over the past year for the residents:

- Created and Resident approved new Resident Council By-Laws.
- Townsquare outside Smoking room heater and A/C repaired.
- Worked with past CEO and NJ State Legislators for resident transportation for doctor appointments.
- Work with present CEO to repair or replace the nursing vital machines on each Resident wing.
- Improved call bell response management.
- Additional TV stations added in resident rooms and Town Square TV.
- Worked to have shower chairs and Hoyer lifts repaired or replaced.
- Veterans final journey/last mile policy with USA Flag and special design side loading area with Veterans escort implemented.
- All patios were reorganized and power washed.
- New mattress replacements authorized as needed.
- Placement of military service symbols by residents' room doors.
- Designed and presented to CEO and Director a custom New Jersey Veterans Home Flag for each NJ Memorial Homes.
- USA flag authorized to fly and to maintain on street lights through Veterans Day.
- Established new hours of polishing the floors in the resident hallways in order to reduce the risk of falling for both staff and residents.
- Established Bi-monthly meetings with present CEO to review residential issues.
- Provided treats for able Veterans at many morning coffee gathering times.
- Establish weekly NFL football parties and Saturday afternoon Movie with pizza.
- Worked to increase visiting hours from 12 hours to 24 hours per day.
- Approved to have more bird feeders installed in residents courtyards.

Since the month of March 2020 was the beginning of the most horrific virus attack on the USA and the World, Covid-19. Yet we remain focused on thanking and honoring all our Veterans and their families. It is especially significant that we honor everyone who lost their lives due to this deadly Covid-19 Pandemic. We thank God that we remain alive in order to look after one another and continue to serve each other with kindness and gratitude that we made it this far which is our mission in life. Continue to wear your mask in order to protect each other. God protect you and your family.

With sincere gratitude,

The Resident Council Representatives.

Chaplain's Corner-

Reverend Lester Shelley, BS, M.Div.

"The Month of Love and Presidents Day"

During the month of February two significant days are celebrated. Valentine's Day on the 14th and Presidents Day on the 21st. While the origins of Valentine's Day are not clear many sources believe it stems from the story of St. Valentine, a Roman Priest who was martyred on or around February 14 in the year 270 CE. Valentine's Day is a day to show appreciation and love for those we care about.

Some people take their loved ones out for a romantic dinner, cook at home and others choose the day to propose or get married. It's a day to show love. In John's epistle on love, he explains that "God is Light" and "God is Love." 1 John 4:7-8 says, Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God, because God is love.

Presidents Day officially honors the life and work of George Washington, the first President of the United States. The day also commemorates past presidents of the United States. Increasingly, the holiday has become an occasion to celebrate the birthdays of both President George Washington and President Abraham Lincoln. In the book of Romans, chapter 13:1 it says, Everyone must submit to governing authorities. For all authority comes from God, and those in positions of authority have been placed there by God. So, as we show love let us pray, remember, and honor all our leadership.

Love will manifest itself in generous giving through good works. As Chaplain, I want to personally thank our CEO Jennifer Causer and all our staff for the exceptional service provided to our Veterans and Spouses of Veterans. With all the tension in the world today, know that you are loved and that your Chaplain prays for you daily.

In Remembrance

<i>Donn Dwyer</i>	<i>John Oriolt</i>
<i>Paul Johnson</i>	<i>Angel Ramirez</i>
<i>Fred Messina</i>	<i>Irving Stone</i>
<i>Carl Neiper</i>	<i>Robert Wilson</i>
<i>Keith Newman</i>	<i>Patricia Wyatt</i>
<i>James Obeirne</i>	<i>Thomas Yaniak</i>

Religious Programs & Services

Protestant Services

Sundays at 10:15 am, Chapel
Rev. Lester Shelley

Catholic Mass

Mondays at 1:15 pm, Chapel
Father Thomas Naduviledath, Father Vernon Kohlemann and Father Patrick Nwachukwu

Bible Study

Tuesdays at 11:00 am, Chapel

Jewish Services

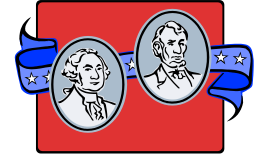
Fridays at 11:00 am, Chapel
Cantor Sheldon Hazzan Levin

Muslim Service

Fridays at 1:30 pm, Chapel

President's Day

Christine Caratozzolo, CTRS
Supervisor of Recreation



Presidents' Day dates back to our founding father and first President, George Washington. Washington was born on February 22, 1732. On his birthday in 1796, when Washington was in his last full year as President, the day became the holiday known as Washington's Birthday. However, Americans didn't observe this holiday until 1832, 100 years after his birth.

Abraham Lincoln was the next President to gain reverence similar to Washington. Born on February 12, 1809, Lincoln's birthday was first celebrated in 1865, the year after he was assassinated. Although his birthday was not honored as a federal holiday like Washington's, many states adopted it as a legal holiday.

In 1968, Congress passed legislation placing any federal holiday on a Monday, including Washington's birthday, to create a three-day weekend. In 1971, President Richard Nixon combined Washington's and Lincoln's birthdays into Presidents' Day. It would be celebrated on the third Monday in February, regardless of which day it fell on. Presidents' Day is now viewed as a holiday that pays tribute to both Washington and Lincoln, as well as all those who have served as president.

Here are some presidential facts:

- Only five Presidents have ever worn facial hair when they sought the office. The last was over a century ago, in 1889; Benjamin Harrison.
- There have been seven left-handed Presidents, including three of the last four (Bill Clinton, George H.W. Bush, and Ronald Reagan).
- The first President to smoke a cigar in office was James Madison. In fact, Madison regularly smoked cigars until his death in 1836 at the age of 85. Madison was also the shortest President at five-feet four-inches tall.
- George W. Bush, 43rd President of the United States, and his wife Laura got married just three months after meeting each other.
- 40th President of the United States Ronald Reagan broke the so-called "20-year curse," in which every president elected in a year ending in 0 died in office.
- Military leader and 34th President of the U.S. Dwight D. Eisenhower loved to cook; he developed a recipe for vegetable soup that is 894 words long and includes the stems of nasturtium flowers as one of the ingredients.
- The letter "S" comprises the full middle name of the 33rd President, Harry S. Truman. It represents two of his grandfathers, whose names both had "S" in them.
- 32nd President of the United States Franklin D. Roosevelt was related, either by blood or by marriage, to 11 former Presidents.
- Herbert Hoover, 31st U.S. President, published more than 16 books, including one called Fishing for Fun and To Wash Your Soul.
- Calvin Coolidge, 30th President of the United States, had chronic stomach pain and required 10 to 11 hours of sleep and an afternoon nap every day.
- The teddy bear derived from 26th U.S. President Theodore ("Teddy") Roosevelt's refusal to shoot a bear with her cub while on a hunting trip in Mississippi.

Culinary Corner

Thomas Hummel, Food Service Supervisor

Greetings from your Kitchen.



Be on the lookout for new items on the menu, and old favorites that may have a fresh look. You should always check out our Substitute section, as well as the alternate selections at the bottom of the menu. Valentine's Day (February 14th in case you didn't know) will have Penne ala Vodka with grilled chicken as the main meal, along with a special dessert.

If you have any special requests, just let a Food Service Worker know. We will do whatever we can to accommodate you. Always remember that we will need to stay within any diet restrictions. So, make a friend in Food Service, we will do whatever we can to help you get what you want. If you would like us to deliver a menu to you each week, we can do that. Just make sure that we know you want a menu. If you like, you can pre-select the menu items that you prefer for the upcoming week. If you change your mind, no problem. We will try to help you out with a different selection. We are only a phone call away. Our extension # is 4187.

Voice your opinion about your food. You are invited to our Menu Planning Meeting. The meeting is held in Town Square on the second Tuesday of each Month, at 10:30. The next 2 meetings are February 8th and March 8th. Of course, that is only if social distance meetings are permitted.



You've Gotta Have Heart

Scott Mueller, MSN, RN
Assistant CEO

With Valentine's Day approaching and cupid coming, I'm sure you know how to steal hearts, win hearts, and break hearts. But how much do you really know about your heart and how it works? Read on to your heart's content!

- Put your hand on your heart. Did you place your hand on the left side of your chest? Many people do, but the heart is actually located almost in the center of the chest, between the lungs. It's tipped slightly so that a part of it sticks out and taps against the left side of the chest, which is what makes it seem as though it is located there.
- Hold out your hand and make a fist. If you're a kid, your heart is about the same size as your fist, and if you're an adult, it's about the same size as two fists.
- Your heart beats about 100,000 times in one day and about 35 million times in a year. During an average lifetime, the human heart will beat more than 2.5 billion times.
- Give a tennis ball a good, hard squeeze. You're using about the same amount of force your heart uses to pump blood out to the body. Even at rest, the muscles of the heart work hard—twice as hard as the leg muscles of a person sprinting.
- Feel your pulse by placing two fingers at pulse points on your neck or wrists. The pulse you feel is blood stopping and starting as it moves through your arteries. As a kid, your resting pulse might range from 90 to 120 beats per minute. As an adult, your pulse rate slows to an average of 72 beats per minute.
- The aorta, the largest artery in the body, is almost the diameter of a garden hose. Capillaries, on the other hand, are so small that it takes ten of them to equal the thickness of a human hair.
- Your body has about 5.6 liters (6 quarts) of blood. These 5.6 liters of blood circulates through the body three times every minute. In one day, the blood travels a total of 12,000 miles—that's four times the distance across the US from coast to coast.
- The heart pumps about 1 million barrels of blood during an average lifetime—that's enough to fill more than 3 super tankers.
- lub-DUB, lub-DUB, lub-DUB. Sound familiar? If you listen to your heart beat, you'll hear two sounds. These "lub" and "DUB" sounds are made by the heart valves as they open and close.

Thank you for Your Generosity! Monetary Donations

Recreation Department Activities & Supplies

Aarav Joshi, ReClothers
American Legion Post 165

In Memory of Patricia Koebel
Timothy & Kathryn Yates

In Memory of Carl Neiper
Michael Stull
Old Forge HS/Bobbie Bigger Evans

In Memory of Patricia Wyatt
Yau and Siu Ching

In Memory of Ronald Capri
NY/NJ District Council International
Longshoreman's Association

Volunteers News

Christine A. Caratozzolo, CTRS
Supervisor of Recreation



Volunteers are a vital part of our recreation program here at the NJ Veterans Memorial Home. Our volunteers provide the much needed extra hands for our recreation therapists for programs and one to one interaction with our residents. The past two years with out our volunteers in house have been very challenging to say the least. We are hoping that we can get back to some kind of normalcy sooner than later. As our units come off of quarantine, the volunteer program will be open again. I thank you for your understanding and cooperation during this time.

When we resume the Volunteer Program, Recreation and Friendly Visitor Volunteers are always needed. Our Friendly Visitors will be a vital part of getting our Residents socializing and connected with the community again. If you are interested in visiting with Residents one to one, please reach out to me at 732-452-4258.

We are in the process of revamping the Library which has become very disorganized during the pandemic. The Residents have formed a Library Committee and we will be working on transforming the Library into a multi-media/game room space for the Residents to enjoy. If you are interested in helping in this area give me a call at 732-452-4258.

Donation Shop at Menlo Park Veterans Home

Christine A. Caratozzolo, CTRS
Supervisor of Recreation

Due to the generous donations of our volunteers, organizations and community members, we have an abundance of personal items to distribute to our Residents. Our Gift Shop is now our "Donation Shop". It is filled with toiletries, clothing, lap robes, shawls, electric razors, batteries, blank greeting cards and leisure materials. If you need any personal items such as shampoo, lotion, toothpaste, etc., please let one of our Recreation staff know and they will get the items for you. I urge family members to give me a call if your loved one needs any items of this type, we will be happy to bring them over to them.

Thank you to everyone who has donated over the past year to make sure our Donation Shop is filled and ready to meet the needs of our Residents.

NEW JERSEY VETERANS MEMORIAL HOME AT MENLO PARK
PO Box 3013, 132 EVERGREEN ROAD, EDISON, NJ 08818

WISH LIST 2022

IT IS THROUGH THE GENEROUS CONTRIBUTIONS OF ORGANIZATIONS, CORPORATIONS AND INDIVIDUALS THAT WE ARE ABLE TO PROVIDE MANY OF THE “EXTRAS” AS WE CARE FOR OUR RESIDENTS. LISTED BELOW ARE THE CURRENT WISHES FOR OUR HOME.

DEMENTIA CARE NEIGHBORHOOD

The New Jersey Veterans Home at Menlo Park is moving forward in the journey of understanding dementia and providing memory care services through our Stars & Stripes Memory Care Program. If you would like to support us in this journey, please follow the links below to purchase items that will be used directly for the life enrichment of our Residents living in our Memory Care Neighborhood.

[HTTPS://WWW.AMAZON.COM/REGISTRIES/CUSTOM/1698SQ6IJXUHZ/GUEST-VIEW](https://www.amazon.com/registries/custom/1698SQ6IJXUHZ/guest-view)

[HTTPS://WWW.ALZSTORE.COM/MUSIC-THERAPY-TEDDY-BEAR-P/2112.HTM](https://www.alzstore.com/music-therapy-teddy-bear-p/2112.htm)

[HTTPS://WWW.ALZSTORE.COM/RELISH-ADULT-FIDGET-WIDGET-TOY-P/0217.HTM](https://www.alzstore.com/relish-adult-fidget-widget-toy-p/0217.htm)

ONGOING FUNDING ITEMS

- ♦ INDIVIDUAL PACKAGED SNACKS
- ♦ AMAZON GIFT CARDS (FOR RESIDENT PERSONAL NEEDS)
 - ♦ AMC/ REGAL CINEMA GIFT CARDS
 - ♦ MUSIC SPONSORSHIP (\$150–\$200)
- ♦ 22” FLAT PANEL TELEVISIONS W/ DVD PLAYERS FOR RESIDENT ROOMS
 - ♦ ACTIVITY PROGRAM SPONSORSHIP (\$150)
BINGO, WINE & CHEESE, BEER & PRETZELS, PIZZA & MOVIE, WHITE CASTLE & MOVIE

THROUGH THE OUTPOURING OF SUPPORT THIS PAST HOLIDAY SEASON, WE RECEIVED AN ABUNDANCE OF TOILETRIES. PLEASE CALL TO FIND OUT THE STATUS OF OUR NEED FOR TOILETRIES BEFORE DONATING.

WE CANNOT ACCEPT:

AEROSOL PRODUCTS, POWDERS OR TRIAL SIZE ITEMS

TO MAKE A DONATION PLEASE CONTACT CHRISTINE CARATOZZOLO AT
732-452-4258 OR CHRISTINE.CARATOZZOLO@DMAVA.NJ.GOV

PLEASE MAKE ALL CHECKS PAYABLE TO:
“NJ VETERANS MEMORIAL HOME AT MENLO PARK”